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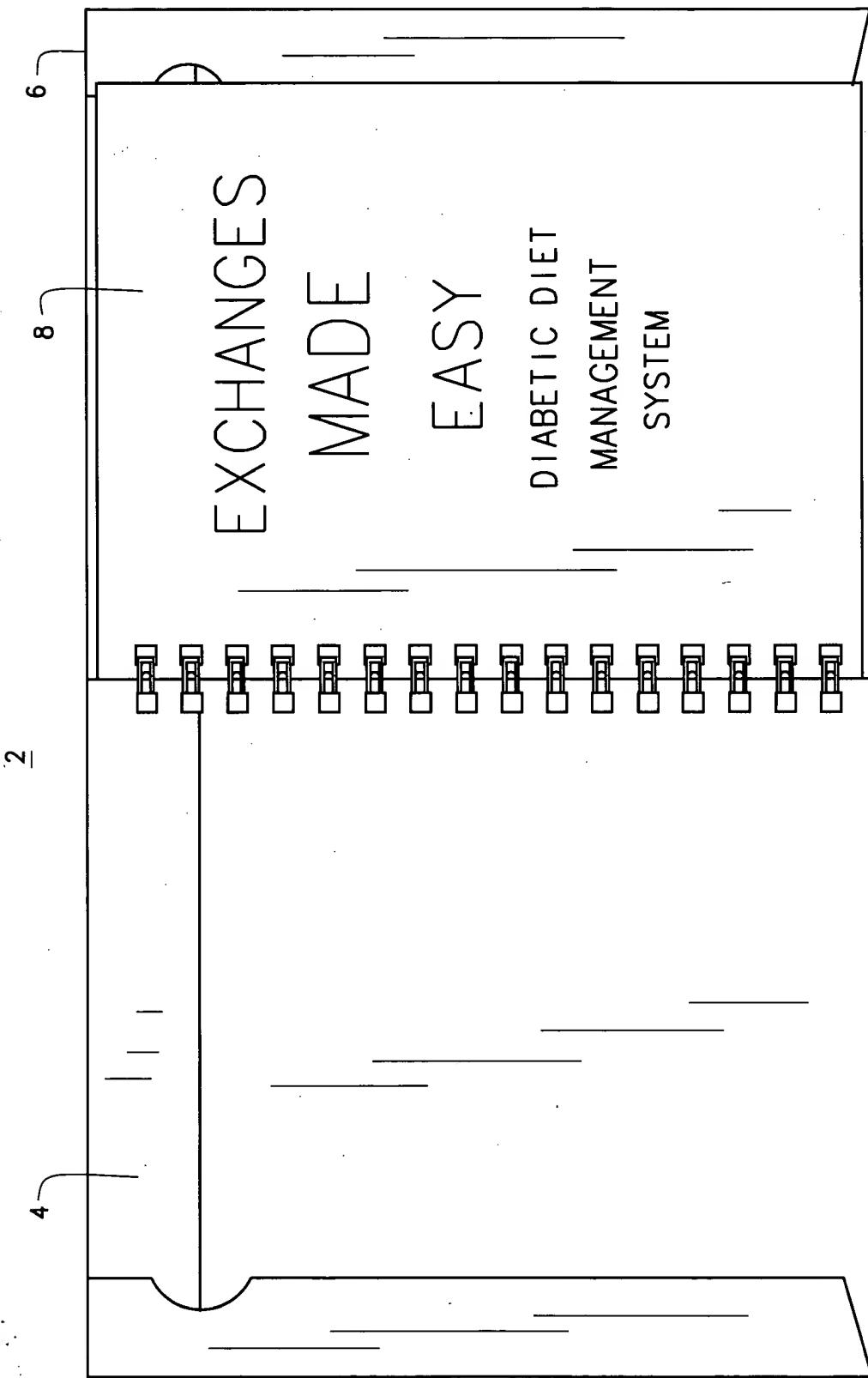


FIG. 1

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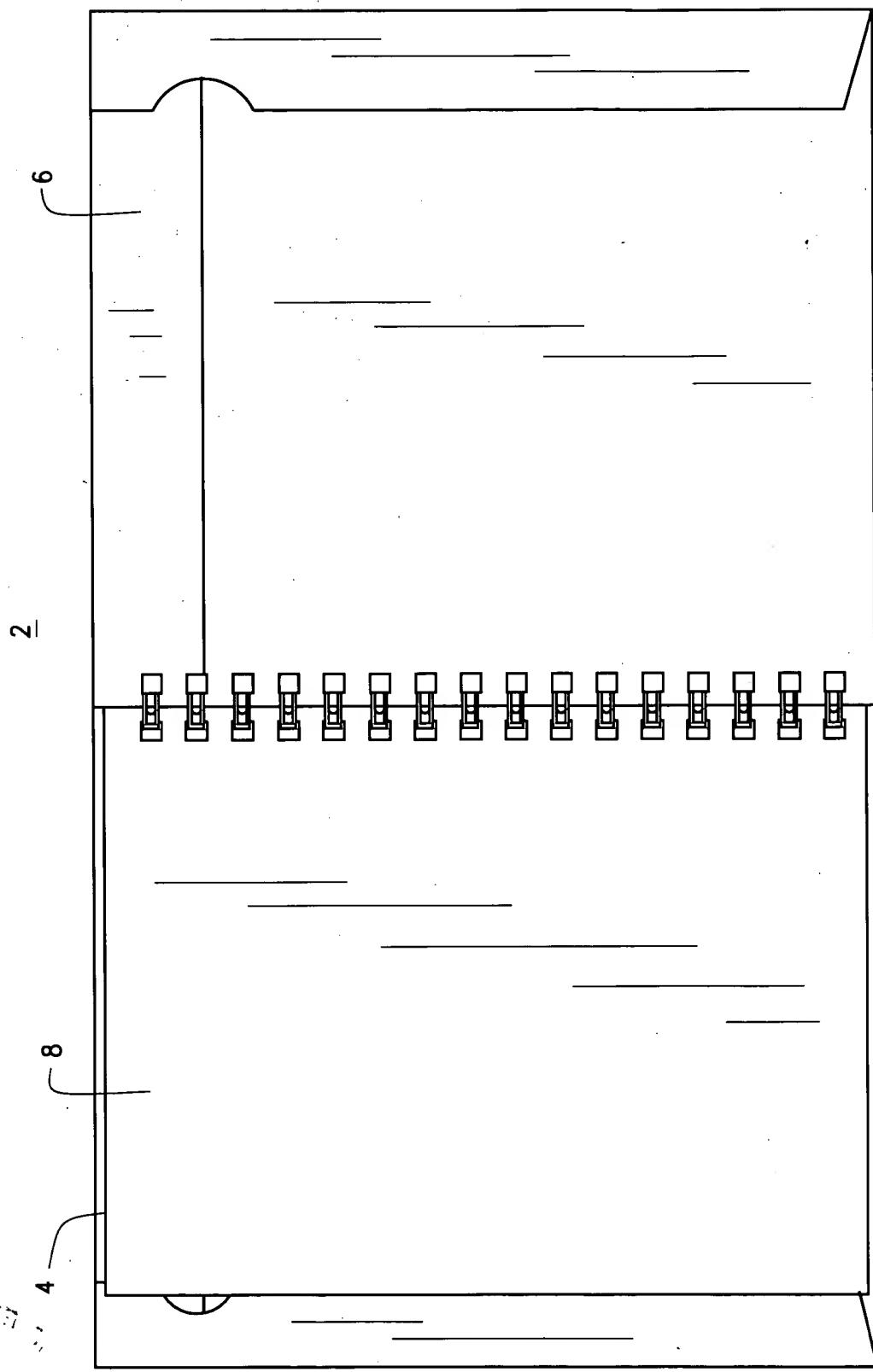


FIG. 2

FRUIT

APPLE JUICE OR CIDER -----	1/2 CUP
APPLE, SMALL -----	1 (4 OZ)
APPLES, DRIED -----	4 RINGS
APPLESAUCE, UNSWEETENED -----	1/2 CUP
APRICOTS, CANNED -----	1/2 CUP
APRICOTS, DRIED -----	8 HALVES
APRICOTS, FRESH -----	4 WHOLE (5 1/2 OZ)
BANANA, SMALL -----	1 (4 OZ)
BLACKBERRIES -----	3/4 CUP
CANTALOUE, SMALL -----	3/4 CUP
CHERRIES, SWEET, CANNED -----	1/3 MELON OR 1 CUP CUBES
CHERRIES, SWEET, FRESH -----	1/2 CUP
CRANBERRY JUICE COCKTAIL - 12 (3 OZ)	1/3 CUP
DATES -----	1/3 CUP
FRUIT COCKTAIL -----	3
FRUIT JUICE BLENDS, 100% JUICE -----	1/2 CUP
GRAPE, JUICE -----	1/3 CUP
GRAPEFRUIT JUICE -----	1/3 CUP
GRAPEFRUIT, SMALL -----	1/2
GRAPES, SMALL -----	17 (3 OZ)
HONEYDEW, MELON -----	10 OZ SLICE OR 1 CUP CUBES

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KIWI -----	1 (3 1/2 OZ)
MANDARIN ORANGES, CANNED -----	3/4 CUP
NECTARINE, SMALL -----	1 (5 OZ)
ORANGE JUICE -----	1/2 CUP
ORANGE, SMALL -----	1 (6 1/2 OZ)
PEACH, MEDIUM, FRESH -----	1 (6 OZ)
PEACHES, CANNED -----	1/2 CUP
PEAR, LARGE, FRESH -----	1/2 (4 OZ)
PEARS, CANNED -----	1/2 CUP
PINEAPPLE JUICE -----	1/2 CUP
PINEAPPLE, CANNED -----	1/2 CUP
PINEAPPLE, FRESH -----	3/4 CUP
PLUMS, SMALL -----	2 (5 OZ)
PRUNE JUICE -----	1/3 CUP
RAISINS -----	2 TBSP
RASPBERRIES -----	1 CUP
STRAWBERRIES -----	1 3/4 CUP
WHOLE BERRIES -----	
TANGERINES, SMALL -----	2 (8 OZ)
WATERMELON -----	13 OZ SLICE OR 1 1/4 CUP CUBES

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FIG . 3 FIG . 4

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MILK

BUTTERMILK, NONFAT OR LOW-FAT -----	1 CUP
MILK, 1/2% -----	1 CUP
MILK, 1% -----	1 CUP
MILK, 2% -----	1 CUP
MILK, EVAPORATED SKIM -----	1/2 CUP
MILK, EVAPORATED WHOLE -----	1/2 CUP
MILK, GOAT'S -----	1 CUP
MILK, NONFAT DRY -----	1/3 CUP DRY
MILK, SKIM -----	1 CUP
MILK, SWEET ACIDOPHILUS -----	1 CUP
MILK, WHOLE -----	1 CUP
YOGURT, NONFAT OR LOW-FAT FRUIT-FLAVORED, SWEETENED WITH ARTIFICIAL SWEETENER -----	1 CUP
YOGURT, NONFAT PLAIN -----	3/4 CUP
YOGURT, PLAIN LOW-FAT -----	3/4 CUP

FIG. 5

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STARCH

ANIMAL CRACKERS	8
BAGEL	1/2 (1 OZ)
BAKED BEANS	1/3 CUP
BEANS, DRIED, COOKED	1/2 CUP
BISCUIT, 2 1/2" DIAMETER	1
BREAD STICKS, CRISP (4"X1/2")	2 (2/3 OZ)
BREAD, REDUCED CALORIE -- 2 SLICES (1 1/2 OZ)	
BREAD	1 SLICE (1 OZ)
BUN, HOT DOG OR HAMBURGER	1/2
CEREALS, COOKED	1/2 CUP
CEREALS, UNSWEETENED, READY-TO-EAT	1/2 CUP
CORN ON THE COB, MEDIUM EAR	1 (5 OZ)
CORN	1/2 CUP
CORNMEAL, DRY	3 TBSP
ENGLISH MUFFIN	1/2
FLOUR, DRY	3 TBSP
GRAHAM CRACKERS, 2 1/2" SQUARE	3
GRITS, COOKED	1/2 CUP
MELBA TOAST	4 SLICES
OATS, COOKED	1/2 CUP
OYSTER CRACKERS	24
PANCAKE, 4" DIAMETER	2
PASTA, COOKED	1/2 CUP

PEAS, DRIED, COOKED	1/2 CUP
PEAS, GREEN	1/2 CUP
PITA, 6" DIAMETER	1/2
POPCORN, POPPED	3 CUPS
POTATO, BAKED OR BOILED	1 SMALL (3 OZ)
POTATO, MASHED	1/2 CUP
PRETZELS	3/4 OZ
RAISIN BREAD, UNFROSTED	1 SLICE (1 OZ)
RICE CAKES, 4" DIAMETER	2
RICE, WHITE OR BROWN, COOKED	1/3 CUP
ROLL, PLAIN, SMALL	1 (1 OZ)
SALTINE-TYPE CRACKERS	6
SNACK CHIPS, FAT-FREE	15-10 (3/4 OZ)
SQUASH, ACORN, BUTTERNUT	1 CUP
TORTILLA, CORN 6" DIAMETER	1
TORTILLA, FLOUR, 8" DIAMETER	1
WAFFLE, 4 1/2" SQUARE	1
YAM/SWEET POTATO, PLAIN	1/2 CUP

FIG. 6

FIG. 7

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VEGETABLE

* SERVING SIZES ARE:

- 1/2 CUP OF COOKED VEGETABLES
- 1/2 CUP VEGETABLE JUICE
- 1 CUP RAW VEGETABLES
- ARTICHOKE HEARTS
- ASPARAGUS
- BEAN SPROUTS
- BEANS (GREEN, WAX, ITALIAN)
- BEETS
- BROCCOLI
- BRUSSEL SPROUTS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CUCUMBER
- EGGPLANT
- GREEN ONIONS
- GREENS (COLLARD, KALE, MUSTARD, TURNIP)
- KOHLRABI
- LEAKS

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MIXED VEGETABLES (WITHOUT CORN, PEAS)

- MUSHROOMS
- OKRA
- ONIONS
- PEA PODS
- PEPPERS (ALL VARIETIES)
- RADISHES
- SALAD GREENS (ENDIVE, LETTUCE, ROMAINE)
- SAUERKRAUT
- SCALLIONS
- SPINACH
- SUMMER SQUASH
- TOMATOES, FRESH, CANNED, SAUCE, PASTA
- TURNIPS
- WATER CHESTNUTS
- WATERCRESS
- ZUCCHINI

FIG. 8

FIG. 9

FIG . 11

FIG . 10

FAT

AVOCADO, MEDIUM	1/8 (1 OZ)	1 SLICE (20 SLICES/LB.)	1 TSP
BACON, COOKED	1 SLICE	10 NUTS	
BACON, GREASE	1 TSP	4 HALVES	
BUTTER, REDUCED FAT	1 TBSP	SALAD DRESSING, REDUCED-FAT	2 TBSP
BUTTER, STICK	1 TSP	SALAD DRESSING, REGULAR	1 TBSP
BUTTER, WHIPPED	2 TSP	SEED, PUMPKIN, SUNFLOWER	1 TBSP
COCONUT, SWEETENED, SHREDDED	2 TBSP	SESAME SEED	1 TBSP
CREAM CHEESE, REDUCED FAT	2 TBSP (1/2 OZ)	SHORTENING	1 TSP
CREAM CHEESE, REGULAR	1 TBSP (1/2 OZ)	SOUR CREAM, REDUCED-FAT	3 TBSP
CREAM	2 TBSP	SOUR CREAM, REGULAR	2 TBSP
HALF AND HALF	2 TBSP		
LARD	1 TSP		
MARGARINE, 30% TO 50%	1 TSP		
VEGETABLE OIL	1 TBSP		
MARGARINE, STICK, TUB OR SQUEEZE	1 TSP		
MAYONNAISE, REDUCED-FAT	1 TBSP		
MAYONNAISE, REGULAR	1 TSP		
NUTS, ALMONDS, CASHEWS	6 NUTS		
NUTS, WALNUTS, ENGLISH	4 HALVES		
OIL, CANOLA, CORN, SAFFLOWER, SOYBEAN, OLIVE, OR PEANUT	1 TSP		
OLIVES, GREEN STUFFED	10 LARGE		
OLIVES, RIPE (BLACK)	8 LARGE		

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PEANUT BUTTER, SMOOTH OR CRUNCHY	2 TSP
PEANUTS, DRY ROASTED	10 NUTS
PECANS	4 HALVES
SALAD DRESSING, REDUCED-FAT	2 TBSP
SALAD DRESSING, REGULAR	1 TBSP
SEED, PUMPKIN, SUNFLOWER	1 TBSP
SESAME SEED	1 TBSP
SHORTENING	1 TSP
SOUR CREAM, REDUCED-FAT	3 TBSP
SOUR CREAM, REGULAR	2 TBSP

PEANUT BUTTER, SMOOTH OR CRUNCHY	2 TSP
PEANUTS, DRY ROASTED	10 NUTS
PECANS	4 HALVES
SALAD DRESSING, REDUCED-FAT	2 TBSP
SALAD DRESSING, REGULAR	1 TBSP
SEED, PUMPKIN, SUNFLOWER	1 TBSP
SESAME SEED	1 TBSP
SHORTENING	1 TSP
SOUR CREAM, REDUCED-FAT	3 TBSP
SOUR CREAM, REGULAR	2 TBSP

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MEATS & MEAT SUBSTITUTES

BEEF (CORNED BEEF, GROUND, ORGAN MEATS, ROAST, SHORT RIBS, STEAK, TENDERLOIN) LEAN, TRIMMED OF FAT	1 OZ
CHEESE	1 OZ
CHICKEN, WHITE OR DARK MEAT	1 OZ
CORNISH HEN, NO SKIN	1 OZ
COTTAGE CHEESE, NONFAT OR LOW-FAT	1 /4 CUP
EGG SUBSTITUTES, PLAIN	1 /4 CUP
EGG WHITES	2
EGG, WHOLE	1
FISH (COD, FLUNDER, HADDOCK, HALIBUT, TROUT), FRESH OR FROZEN	1 OZ
GAME (DUCK, GOOSE, PHEASANT, VENISON, BUFFALO,	
OSTRICH, RABBIT)	1 OZ
HERRING (UNCREAMED OR SMOKED)	1 OZ
HOT DOGS	1 OZ
LAMB (ROAST, CHOP, LEG)	1 OZ
LUNCHEON/DELI MEATS	1 OZ
OYSTERS	6 MEDIUM

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PORK (CHOP, CUTLET, GROUND, HAM, ORGAN MEATS, ROAST, STEAK, SPARERIBS,	1 OZ
TENDERLOIN), LEAN	
SARDINES (CANNED)	2 MEDIUM
SAUSAGE (BRATWURST, ITALIAN, KNOCKWURST, POLISH, SMOKED)	1 OZ
SAUSAGE, 1 GRAM FAT/OZ OR LOWER	1 OZ
SHELLFISH (CLAMS, CRAB, LOBSTER, SCALLOPS, SHRIMP, IMITATION SHELLFISH)	1 OZ
SOY MILK	1 CUP
TOFU	4 OZ OR 1/2 CUP
TUNA, FRESH OR CANNED (DRAINED)	1 OZ
TURKEY, WHITE MEAT, NO SKIN	1 OZ

*LIMIT HIGH-FAT MEATS (E.G. PORK SPARERIBS,
GROUND PORK, ALL SAUSAGE, OR OTHER MEATS
WITH 8 GRAMS FAT/OZ OR MORE) AND HIGH-FAT
CHEESES (E.G. AMERICAN, CHEDDAR, MONTEREY
JACK, SWISS) TO 3 SERVINGS PER WEEK OR
LESS

FIG. 12

FIG. 13

FREE FOODS

*FOODS WITH A SERVING SIZE LISTED ARE
LIMITED TO 3 SERVINGS PER DAY

BOUILLON, BROTH CONSONME	1 CANDY	1 TBSP
CATSUP		1 TBSP
CLUB SODA		
COCOA POWDER, UNSWEETENED	1 TBSP	
COFFEE		
CREAM SHEESE, FAT-FREE	1 TBSP	
CREAMERS, NONDAIRY, LIQUID	1 TBSP	
CREAMERS, NONDAIRY, POWDERED	2 TSP	
DRINK MIXES, SUGAR-FREE		
FLAVORING EXTRACTS		
GELATIN, SUGAR FREE OR UNFLAVORED		
GUM, SUGAR-FREE		
HORSERADISH		
HOT PEPPER SAUCE		
JAM OR JELLY, LOW-SUGAR	2 TSP	
LEMON OR LIME JUICE		
MARGARINE, FAT-FREE	4 TBSP	

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MARGARINE, REDUCED FAT	1 TSP
MAYONNAISE, FAT FREE	1 TBSP
MAYONNAISE, REDUCED-FAT	1 TSP
MUSTARD	
NONSTICK COOKING SPRAY	
PICKLES, DILL	1 1/2 LARGE
SALAD DRESSING, FAT-FREE, ITALIAN	2 TBSP
SALAD DRESSING, FAT-FREE	1 TBSP
SALSA	1/4 CUP
SOFT DRINKS, SUGAR-FREE	
SOUR CREAM, FAT-FREE	1 TBSP
SOY SAUCE	
SPICES OR HERBS, FRESH OR DRIED	
SUGAR SUBSTITUTES	
SYRUP, SUGAR-FREE	2 TBSP
TACO SAUCE	1 TBSP
TEA	
TONIC WATER, SUGER-FREE	
VINEGAR	
WHIPPED TOPPING, REGULAR OR LIGHT	2 TBSP
WINE, USED IN COOKING	
WORCESTERSHIRE SAUCE	

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FIG . 14

FIG . 15

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DAILY INSTRUCTIONS

1. BEGIN EACH DAY WITH ALL OF YOUR EXCHANGE CARDS IN THE FRONT POCKET.
2. AFTER EACH MEAL AND SNACK, CALCULATE HOW MANY OF EACH EXCHANGE WAS CONSUMED AND MOVE THOSE CARDS TO THE BACK POCKET.
3. REMEMBER TO RETURN ALL OF THE EXCHANGE CARDS TO THE FRONT POCKET AT THE START OF EACH DAY.

OTHER REMINDERS:

- * CHECK YOUR FEET DAILY.
- * NEVER GO BAREFOOT OR WEAR OPEN TOED SHOES
- * GET ANNUAL EYE EXAMS BY OPTOMETRISTS OR OPHTHALMOLOGISTS.
- * FOLLOW YOUR HEALTH CARE PROVIDER'S INSTRUCTIONS FOR ROUTINE PHYSICAL EXAMS, BLOOD TESTS AND OTHER PROCEDURES.

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NUMBER OF EXCHANGES FOR EACH CALORIE DIETS

EXCHANGES	1200	1500	1800	2000	2200
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STARCH

MEAT*

VEGETABLE

FRUIT

MILK

FAT*

FAT

FAT

FAT

*BASED ON A DIET SUPPLYING APPROXIMATELY 30% OF THE KCALORIES AS FATS.
**BASED ON LEAN AND MEDIUM-LEAN MEATS OR MEAT SUBSTITUTES.

FIG. 16

FIG. 17

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SAMPLE MENU FOR AN
1800 CALORIE DIET

<u>BREAKFAST</u>			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	2 EXCH	MEAT	1 EXCH
STARCH	2 EXCH		
<u>MORNING SNACK</u>			
FRUIT	1 EXCH		
<u>LUNCH</u>			
FRUIT	1 EXCH	FAT	1 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
<u>AFTERNOON SNACK</u>			
STARCH	1 EXCH		
<u>SUPPER</u>			
FRUIT	1 EXCH	FAT	2 EXCH
MILK	1 EXCH	MEAT	2 EXCH
STARCH	2 EXCH	VEGETABLE	2 EXCH
<u>EVENING SNACK</u>			
STARCH	1 EXCH	FAT	1 EXCH

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ABBREVIATIONS

		NUMBER
	#"	NUMBER OF INCHES
E.G.	FOR EXAMPLE	
EXCH		EXCHANGE
LB		POUND (16 OUNCES)
OZ		OUNCE
TBSP		TABLESPOON
TSP		TEASPOON

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FIG. 18

FIG. 19

DEPARTMENT OF DEFENSE

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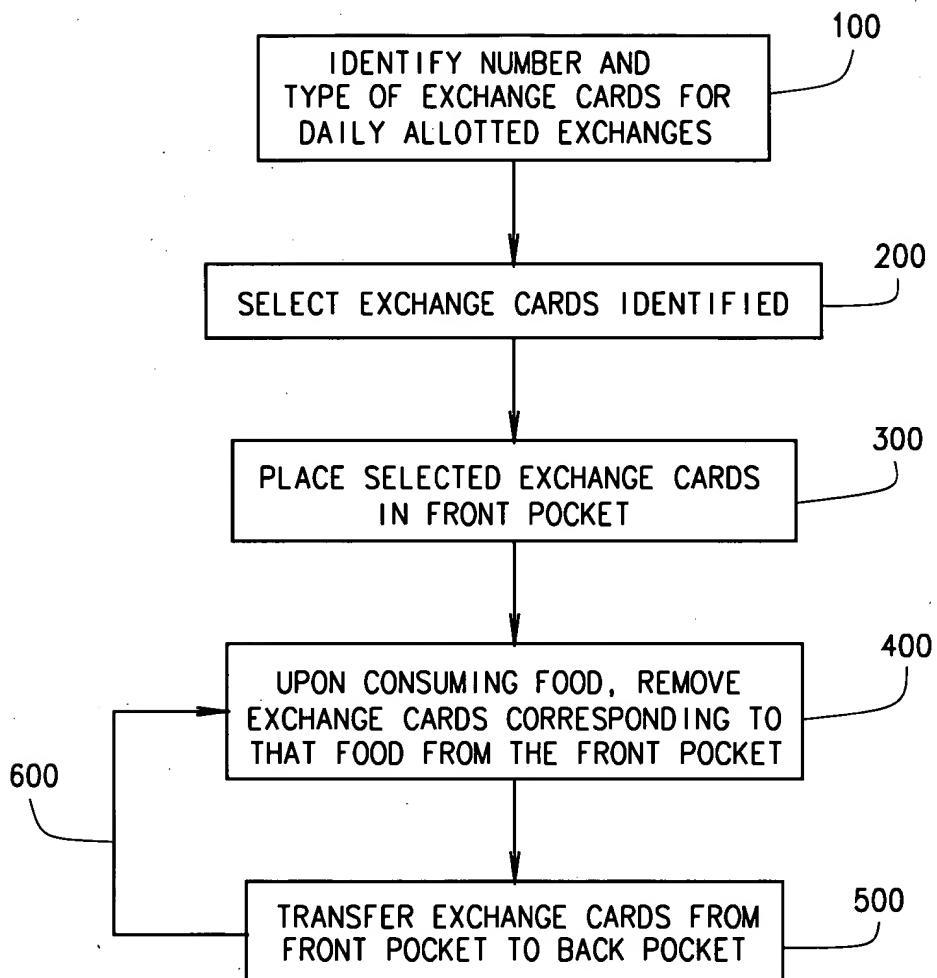


FIG. 20